DIGITAL THERMOMETER INSTRUCTIONS

You have been provided a digital thermometer by the Library of Congress in order to assess your daily health status prior to arriving at work. This thermometer is for YOUR use only.

1. Open package and remove thermometer from the plastic storage case:



2. Press the white button once to turn the thermometer on:



3. The thermometer will initially read 188.8. It will then display the LAST reading. Wait until the thermometer reads "Lo" and the F in the upper right is blinking. If there is a "C" in the upper right corner, press and hold the white button until the "F" appears.



4. Insert thermometer UNDER the tongue, do not bite the thermometer. WAIT until the thermometer beeps. <u>This will take approximately 90 seconds.</u> The number in the window should be solid and nothing flashing.



- 5. If you take the thermometer out too soon, the "F" will still be flashing and you will need to start over. Turn the thermometer off by pressing the white button once and restart the process at Step 2.
- 6. When you are finished with the thermometer, turn the thermometer off by pressing the white button once.
- 7. You can wipe clean your thermometer with a damp soapy cloth or you may use an alcohol wipe or rubbing alcohol. <u>DO NOT SUBMERGE THE THERMOMETER IN WATER</u>. Allow the thermometer to completely dry prior to returning it to the storage case. Store your thermometer in a safe place away from children as it contains a small battery.
- 8. ONLY USE THIS THERMOMETER UNDER YOUR TONGUE.